

WOMEN WHO ARE ALWAYS TIRED

May Find Help in This Letter.

Swan Creek, Mich.—"I cannot speak too highly of your medicine. When through neglect or overwork I get run down and my appetite is poor and I have that weak, languid, always tired feeling, I get a bottle of Lydia E. Pinkham's Vegetable Compound, and it builds me up, gives me strength, and restores me to perfect health again. It is truly a great blessing to women, and I cannot speak too highly of it. I take pleasure in recommending it to others."—Mrs. ANNIE CAMERON, R.F.D., No. 1, Swan Creek, Michigan.

Another Sufferer Relieved.
Hebron, Me.—"Before taking your remedies I was all run down, discouraged and had female weakness. I took Lydia E. Pinkham's Vegetable Compound and used the Sanative Wash, and find today that I am an entirely new woman, ready and willing to do my housework now, where before taking your medicine it was a dread. I try to impress upon the minds of all ailing women I meet the benefits they can derive from your medicines."—Mrs. CHARLES ROWE, Kennebago, Maine.

If you want special advice write to Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try CARTER'S LITTLE LIVER PILLS. Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowel. Cure Constipation, Biliousness, Sick Headache and Indigestion, as millions know. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

Beut Food
Details Wanted.
"I want a good job of whitewashing done."
"For fences or characters?"

CUTICURA SHAVING

Is Up-to-Date Shaving for Sensitive Skins. Trial Free.

Prepare razor. Dip brush in hot water and rub it on Cuticura Soap held in palm of hand. Then make lather on face and rub in for a moment with fingers. Make second lathering and shave. Rub bit of Cuticura Ointment over shaven parts (and on scalp if any dandruff or itching) and wash all off with Cuticura Soap and hot water, shampooing same time. One soap for all—shaving, shampooing, bathing and toilet. It's velvet for sensitive skins. No slimy mug. No germs. No waste of time or money. Free sample each, if you wish. Address postcard, "Cuticura, Dept. XY, Boston." Sold everywhere.—Adv.

Father Adam may have had troubles of his own, but at any rate Eve never flashed his old love letters on him.

Smile, smile, beautiful clear white clothes. Red Cross Ball Blue, American made, therefore best. All grocers. Adv.

The art of bluffing lies in knowing when not to.

Drink Denison's Coffee, For your health's sake.

A divorce judge, like a poor marksman, makes a good many misses.

Be Warned in Time

Do you have backache? Are you tired and worn out? Feel dizzy, nervous and depressed? Are the kidney secretions irregular? Highly colored; contain sediment? Likely your kidneys are at fault. Weak kidneys give warning of distress. Heed the warning; don't delay—Use a tested kidney remedy. None so well recommended as Doan's Kidney Pills. None so universally successful.

A Nebraska Case
"Every Picture Tells a Story."
MRS. H. H. Runge, 194 S. 15th St., Lincoln, Neb., says: "I had a dull, heavy ache across my kidneys and I got so stiff and lame, that it was hard for me to stoop or lift. I had dizzy spells and headaches and felt nervous. Doan's Kidney Pills relieved my kidneys and after that, the ailments gradually left me. I now have no signs of kidney complaint."
Get Doan's at Any Store, 50c a Box.
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

W. N. U., OMAHA, NO. 36-1915

The KITCHEN CABINET

Unfaithfulness in the keeping of an appointment is an act of clear dishonesty; you may as well borrow a person's money as his time.—Horace Mann.

SOMETHING NEW IN SALADS.

There are a few suggestions that it is well to be reminded of in regard to the selection and care of salad materials. A good, resourceful cook will make an appetizing salad out of almost any sort of good materials. Care should be used in combining delicate flavors with highly seasoned dressings. Rich fish should not be served with a heavy mayonnaise. Lemon seems most appropriate to use in salad dressings when fruit is to be used.

Pepper Salad.—Select tender green peppers, wash and dry. Cut off the stem and remove the seeds and the white fiber. Shave into fine strips and add equal portions of chopped olives and celery. Cover with a rich mayonnaise and serve in tomato cups or on curled parsley or lettuce.

Russian Salad.—Cut cold roast beef into cubes, mince fried bacon, and mix. All shredded head lettuce, half a cupful of cold, cooked peas and dress with mayonnaise.

Meat Salad.—Cut chicken, beef or veal into fine pieces, discarding all fat or gristle. To each two cupfuls of meat add one cupful of celery and one onion, both minced fine. Just before serving mix with enough dressing to hold together, not enough to make it wet.

Benares Salad.—This is such a well-liked combination that it is becoming Americanized. Equal parts of tart apple, coconut, a little sugar, salt and chopped red pepper and parsley, with a tablespoonful of chopped onion. Serve with French dressing like the above.

Cabbage Salad.—Chop enough cabbage to make a pint. Shell peanuts or walnuts, a half cupful or less. Boil one-half cupful of sugar with a half cupful of vinegar; let cool. Beat a yolk of egg with a half cupful of cream. Mix all together lightly and serve on the cabbage.

Raisin Salad.—To a half cupful of raisins add one cupful of shredded coconut and three chopped apples, a bit of onion juice or green pepper chopped, and serve with French dressing.

USE OF SALAD DRESSINGS.

There is nothing new under the sun, but each housewife may in blending different seasonings create quite unusual effects. A salad dressing should be suited to the salad with which it is served. A hot mustard dressing is most inappropriate to a fruit salad as is a heavy mayonnaise dressing on rich meat or fish. The old stand-by French dressing, may, by the addition of different flavors seem quite like a new dressing. Mashed Roquefort cheese, added to French dressing, served on lettuce is one that is almost universally liked by men.

Chopped green pepper, Spanish onion, chives, cucumber, a piece or two of tomato, in fact almost any vegetable added to French dressing then used on lettuce is well liked.

To make a good French dressing it is necessary that the oil should be perfect and all the ingredients ice cold. The vinegar is another important item. Too acid vinegar makes a dressing too sharp. Good elder vinegar is the best and one part vinegar, (if at all strong, dilute it), to three parts of oil, makes a good combination. Then add such seasonings as seems advisable or such as you have. Chili sauces, catchups of various kinds, chives, pimentos and many bottled sauces may be used to give variety to a dressing.

One of the most tasty of fruit salad dressings is made of fruit juice, pineapple is especially good, using oil and less of the vinegar.

Chili Dressing.—Make an ordinary French dressing, adding salt and pepper to taste, three tablespoonfuls of oil and one of vinegar, then a few drops of onion juice, a finely chopped green pepper, and enough chili sauce to make the dressing red. Serve this poured over head lettuce or chopped cabbage. Parsley may be used in place of the pepper if it is not liked.

Young onions sliced and served in sour cream with a dash of cayenne and salt is the most appetizing salad for those who know the value of onions in the diet.

Cheap Farm Truck.

Potato growers all over South Jersey are greatly concerned over the poor outlook for the season, and unless prices become higher, many farmers are likely to be heavy losers. The crop is about ready for digging, but the markets are so poor that growers are deferring the work as long as possible. There are hundreds of acres within a mile of Woodbury from which the owners cannot see at this time more than \$1 per barrel.

For the last five years farmers in

No one is useless in this world who lightens the burden of it to anyone else.—Dickens.

NICE THINGS TO KNOW.

Rubber goods, such as hot water bottles, rubber gloves and such things which are expensive when bought will last twice as long if they are treated to a strong solution of soda and water every two or three months. Let them drop into the boiling soda water and stand until cool. Lace yokes may be cleaned very satisfactorily by placing a large bath towel in the neck of the gown, cover the waist with another towel and wash with a small brush with soap, rinsing well with clean water. The yoke may then be pressed and it will be fresh looking again.

Before making up dainty colored cotton goods, soak in water overnight to which is added two tablespoonfuls of turpentine to eight or ten quarts of water.

To clean white shoes, make a paste of cold starch and water, rub in well and let dry. When dry, the soil will come out with the starch when brushed.

If your child is unfortunate enough to push a bean or other hard substance up her nose, put a bit of pepper on her lip so that she will sneeze it out, for poking and probing for it, is futile.

When the clothes line needs cleaning wrap it around the washboard and scrub it with a brush in soapsuds.

The cut side of a raisin laid next the gum of an aching tooth will relieve it; heated, this same raisin is good for the earache. A grain or two of red pepper will be more efficacious if the toothache is serious.

Wrap linen that is to be unused in a towel well blued, this will keep the linen white and fresh.

Milk Frothing.—Take one and one-half cupfuls of sugar, one teaspoonful of butter, a half cupful of milk and a half teaspoonful of vanilla. Melt the butter in a saucepan, add sugar and milk, boil gently, without stirring, ten minutes; beat until stiff enough to spread, add flavoring and spread over the cake.

MORE ABOUT SALADS.

Salads are recognized as being of distinct food value in addition to the appeal which they make to the eye in beautiful combinations of color.

Pineapple Salad.—Take six slices of canned pineapple, two cupfuls of marshmallows, cut in cubes with the stems; one cupful of blanched almonds, shredded; three tablespoonfuls of chopped pimento, one cupful of whipped cream, two tablespoonfuls of sugar, one-eighth of a teaspoonful of mustard, one tablespoonful of lemon juice and a few dashes of salt. Some like a boiled dressing, using one part of the dressing to four or five parts of whipped cream, as the salad dressing.

Grapefruit in sections with strips of pimento between, served on lettuce, is another wholesome salad.

Sagepate Salad.—Grate a cake of sagepate cheese, add two tablespoonfuls of butter, a few drops of tabasco sauce and a teaspoonful of Worcestershire sauce, one teaspoonful of lemon juice. Mold into a loaf and slice, placing a few slices on lettuce leaves, garnish with red pepper or pickled beets and serve with mayonnaise.

Nut Salad.—Blanch peanuts and place in a hot oven to brown with a bit of butter. Chop when cold and to each cupful of nuts add two cupfuls of finely chopped celery and an equal amount of apples. Mix well and serve with mayonnaise.

Toasted, buttered baking powder biscuit, cut in thin slices before toasting, make a nice accompaniment to any salad.

Cucumber and Potato Salad.—Dice cold boiled potatoes and crisp cucumbers, mix lightly with mayonnaise dressing which has been seasoned with chopped parsley and onion.

Any potato salad is improved by the addition of a few cooked peas or a little sweet corn cut from the cob. Gelatin jellies mixed with fruit and served molded in small cups or forms and placed on lettuce leaves, served with any desired dressing, make a most pleasing salad.

Nellie Maxwell

the lower counties have been making big profits from their pea crops. This year John Bradway, a Port Norris grower, shipped 37 hampers to Boston and received a check for 36 cents in settlement. Charles Tribbett of the same place, sent 51 hampers which sold for \$1.53 cents less than the freight charges.—New York Journal of Commerce.

When Gold Is Powerless.
Gold cannot remove the cares of the mind.—Exchange.

FARM POULTRY

PREVENT LOSS OF DUCKLINGS

In Many Cases Filth in Poultry Yards Is Responsible for Fatalities—Keep Quarters Dry.

Providing the right kind of food and in the proper amounts is not all that is necessary to success in raising ducklings. It should be known that they will not thrive if they are crowded or if their yards are filthy. It is often puzzling when apparently healthy ducklings die, and there is but little opportunity to try remedies. In many cases the filth in the yards is responsible for the fatalities, as the ducklings will swallow droppings in their eagerness to pick up anything that they see. And when this happens they are liable to die suddenly.

A duckling may be suffocated when eating soft food if it cannot react water, for the reason that its nostrils become clogged, thus making breathing difficult. The water must be



Fine Rouen Duck.

deep enough in the trough to permit the duckling to bury its head in the fluid. It will eat a little and then run to the trough. That is why they throw so much of the water out of the trough and on the ground, as they are then washing their heads, bills and nostrils. When ducklings are fed very heavily on an exclusive grain diet they will sometimes have giddiness, weak legs and may be unable to stand. Damp quarters also cause weak legs. Shade must be provided for the ducklings in hot weather, as many losses will occur if they are exposed constantly to the sun's rays.

Rats seem to prefer a diet of duckling to one of chicken when the two classes of poultry are kept in the same yard. For this reason, if all rats cannot be wiped out, floors should be used in the coops and the ducklings should be fastened in each night though ample ventilation must be provided. A duck should be full grown when three months old, so far as size is concerned.

PRODUCE FIRST CLASS EGGS

Hens Should Be Given Proper Quantities of Wheat, Bran, Clover, Oyster Shells and Grain.

Just because an egg is freshly laid by an apparently healthy hen it cannot be assumed that it is always a good egg. It requires plenty of clean, wholesome food for the production of first class eggs. Hens that are forced to obtain the greater proportion of their living as scavengers and given a poor range to work on, cannot produce eggs of as good quality as can a flock which is regularly fed a good ration.

Eggs lacking in protein have a watery white and the shell is apt to be thin owing to the partial absence of lime. Such eggs, as well as being of less value as a food, are more than likely to bring forth puny chicks of low vitality, subject to white diarrhea and an early death. With proper quantities of wheat, bran, clover, oyster shell and sound grains in the ration fed to laying hens, eggs with a firm shell, rich in protein and delicately flavored are sure to result, providing, of course, that the flock is given clean nests and runs and is kept free from lice and mites.

PLAN TO PREVENT FIGHTING

Where Male Birds Run Together There Is Always Danger of Quarrelling—Fowl's Memory Short.

If male birds are running together there is always danger of fighting. If they are not with the females, cutting the beaks will put a stop to the fighting; but sometimes it seems best to keep two males with one pen. A chicken's memory is short; one day's confinement in a coop away from his companion will apparently make the two look on one another as strangers, and they promptly square off for a fight to the finish.

To prevent this, if males have been separated, or a new one is to be introduced where there is already a male, the two together with a soft, strong cloth—a strip of flannel is best—taking one leg of each—and let them get acquainted. They are unable to fight, and in an hour or so are so weary of one another's company that they have no inclination to fight. If they try it on being released, tie them up again until they learn their lesson.



The General Says:

Know-why and know-how are essential to any success. Every one of us has to acknowledge that the same sort of military preparedness that fits a nation for its defense is the most effective principle in making an industry of any kind serviceable and profitable both to manufacturer and consumer.

This Great Roofing Organization Is Trained Like an Army

Three enormous mills—offered and manned by the best trained force ever enlisted in an industrial army—three huge factories that are run like clockwork. Military exactness in the securing and selection of raw material, and in every step from then on until the finished product is distributed and sold. Constant readiness—being prepared every minute for the work to be done the next—Right there you have your finger on the great, essential reasons for the unflinching satisfaction every user finds in

Certain-teed

ROOFING

This roofing certainly has no superior. It is the best roofing that can possibly be made and it is manufactured in and guaranteed by the largest Roofing and Building Paper Mills in the World. 1-ply is guaranteed 5 years; 2-ply, 10 years, and 3-ply, 15 years, and this guarantee means the minimum life of the roofing. Thousands of Certain-teed Roofs all over the country are outliving the period of the guarantee.

When the General first entered the field the cost of roofing was two or three times more than it is today and the quality was not as high as Certain-teed is today. By reason of his enormous output the General has not only been able to bring down the cost and selling price of roofing, but he has also been able to raise the quality to its maximum. Today every fifth roll of roofing sold bears the Certain-teed label.

Certain-teed roofing, shingles, wall boards, felts, building papers, etc., bearing the General's name, are sold by your local lumber or hardware dealer at very reasonable prices. Don't send your money away for these goods. Patronize your home dealer.

General Roofing Manufacturing Company

World's largest manufacturers of Roofing and Building Papers
New York City Chicago Philadelphia St. Louis Boston Cleveland Pittsburgh
Detroit San Francisco Cincinnati Minneapolis Kansas City
Seattle Atlanta Houston London Hamburg Sydney

Got Himself Disliked.

"Why does the bride hate him?"
"He's one of those practical jokers whom everybody hates. The bride asked him to come over and try some of her biscuits."
"Didn't he go?"
"Yes, and took a hammer and a cold chisel with him."

The frankness with which a seventeen-year-old girl says she's an old maid is only exceeding the frankness with which she denies it ten years later.

An Involuntary Passenger.
"Pa, who was it that first rode in a submarine?"
"Jonah, my son."—Boston Transcript.

No Insurance.

In a small town a restaurant proprietor who is a close observer of the table manners of some of his guests, has posted the following sign:
"Not responsible for Injuries Caused by Eating with Knives."

Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Its Definition.
"What's this call of the wild they talk so much about?"
"The joy riders' honk."

10c Worth of DU PONT
Will Clear \$1.00 Worth of Land
Get rid of the stumps and grow big crops on cleared land. Now is the time to clean up your farm while products bring high prices. Blasting is quickest, cheapest and easiest with Low Freezing Du Pont Explosives. They work in cold weather.
Write for Free Handbook of Explosives No. 69F, and name of nearest dealer.
DU PONT POWDER COMPANY
WILMINGTON DELAWARE

Business Opportunities
Do you know that one of the most profitable lines of trade is a Billiard Room and Bowling Alley in combination with a Cigar Store, Lunch Room or Barber Shop? We have a large list of good locations. They are yours for the asking. Write at once; stating where you desire to locate. Ask for catalogue of Billiard Tables, Bowling Alleys and Fixtures. We sell on easy payments.
The Brunswick-Balke-Clender Co., Dept. XY, 623 Wabash Ave., Chicago

Nebraska Directory

DR. BRADBURY, Dentist

26 YEARS IN OMAHA
Home treatment for Gum Diseases, Painless Dentistry; work guaranteed 10 years; Fillings, Crowns, Bridge-work and Plates that stay where I put them. Send for Booklet on Unusual Dentistry—It's free. Railroad fare for 50 miles allowed. Crowns from \$2.50 up. 921-22 Woodman of World Bldg., Omaha, Neb.

South Omaha
Byers Bros. & Co.'s
Live Stock Commission Business was established on these four corner stones during pioneer times. **THEY HAVE STOOD THE TEST** of all these years and are better equipped than ever to render **"Satisfactory Service"**
So. St. Joseph

Honesty Efficiency
Chicago Kansas City
Courtesy Stability